

# BUILT TO QUIT

We can help you **stop smoking and using tobacco**



## It's not just cigarettes.

### Register for tips on how to:

- Quit smoking and using tobacco.
- Manage stress.
- Avoid weight gain.
- Cope with withdrawal symptoms.

### 2022 Schedule\*

Class 1: January 4 - February 8

Class 2: March 1 - April 5

Class 3: April 26 - May 31

Class 4: July 12 - August 16

Class 5: September 13 - October 18

Class 6: November 8 - December 13

*\*Classes meet once a week for six weeks.*

Our Built To Quit courses offer the American Lung Association Freedom From Smoking® program led by a certified facilitator. Behavioral therapists, nutritionists, and respiratory therapists visit the group to provide added smoking and tobacco cessation support and guidance. Classes are offered during afternoon and evening hours. Remote/online options available. Participants will receive nicotine replacement therapy (if qualified) and a workbook with meditation CD/MP3. Lunch/dinner is provided for on-site classes.

**For more information, or to register for a class:**

**Call:** 404.780.7653 **Email:** [smokingcessation@northside.com](mailto:smokingcessation@northside.com)

**Visit:** [northside.com/smoking-and-tobacco-resources](http://northside.com/smoking-and-tobacco-resources)

